Breastfeeding is going well during the newborn period after day four if…

- Your baby nurses 8-12 times in 24 hours.
- Your baby sucks actively for 10-20 minutes on the first breast and you hear swallowing.
- Your baby has 6-8 wet diapers and at least 3 yellow dirty diapers per day.
- Your baby appears satisfied after nursing
- Your breasts feel full before feeding and softer after nursing.

Contact your care provider or a lactation consultant if you have concerns or…

- You don’t feel your milk increase by day three or four after birth.
- Your baby is very sleepy and doesn’t wake to nurse or is too fussy to latch.
- Diaper count is less than above or uric acid crystals (red dust in the urine) are present.
- You have breast or nipple pain.
- Your breasts are uncomfortably full and don’t feel softer after nursing.
- You or your baby has a fever.
- You have flu like symptoms.
- You are considering using formula because of breastfeeding problems.

Helpful Websites
Visit our Website for Direct Links
www.southsoundbreastfeeding.org

- Attaching Your Baby at the Breast (Latching)
  https://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioCards=191%2C94%2C13%2C23%2C65

- Expressing First Milk (Hand Expression of Colostrum)
  https://globalhealthmedia.org/portfolio-items/how-to-express-your-first-milk/

- Stanford Breastfeeding Videos
  https://med.stanford.edu/newborns/professional-education/breastfeeding.html

- World Health Media Breastfeeding Videos
  https://globalhealthmedia.org/videos/

- KellyMom – Breastfeeding Blog
  www.kellymom.com

- La Leche League – Support Resources
  www.llli.org

- Medications and Breastfeeding
  LactMed – National Institute of Health
  https://www.ncbi.nlm.nih.gov/books/NBK501922/

Washington State Protects Your Right to Breastfeed in Public

**2001:** Breastfeeding in public is not considered indecent exposure thanks to 9A.88.010 and the right to pump in a clean designated space at work is encouraged by RCW 43.70.640.

**2009:** Breastfeeding mothers are protected under state anti-discrimination laws. No one can tell you to leave or cover up while nursing thanks to RCW 49.60.030 and 49.60.215.

Cover Art - Examine the Food Chain
Copyright Nikki McClure.
Used with permission.
www.nikkimcclure.com
**Prepare During Pregnancy**

**Breastfeeding Classes**
- Birthing Roots  (360) 789-9969+
- Birth Embrace  (360) 890-0543
- Foveo Birth Services  (408) 835-6368+
- Initiating Lactation  (360) 292-5146+
- Olympia Lactation  (360) 918-2392

**Breastfeeding Support Groups**
- Breast/Chest Feeding Drop-In Group*
  Family Support Center of South Sound
  Thursdays 10am-12pm
  (360) 754-9297

- Providence Breastfeeding Support Group
  Meets Tuesday and Saturday 2-4pm
  (360) 493-7313

- La Leche League of Thurston County
  Fourth Monday of Each Month 6pm
  (360) 975-4826

- La Leche League of Lewis County
  Second Tuesdays of Each Month 10 am
  (360) 209-2046

- La Leche League of Mason County
  (360) 451-4162

- Madigan Lactation Support Group
  Madigan – Sakakini Conference Room
  Tuesdays 1pm-3pm

**Family Health Hotline***
(800) 322-2588

---

**Breastfeeding & Making Milk**

**Breast Pump & Scale Rental**
- Initiating Lactation
  (360) 292-5146
- Providence Saint Peter Hospital
  (360) 493-5197
- MultiCare Tacoma General Hospital
  (253) 403-3020

**Private Lactation Consultants**
- Breastfeeding Medicine of the South Sound +
  Melinda Harris Moulton, ARNP, IBCLC
  www.breastfeedingmed.com
  (585) 687-8873

- Initiating Lactation +
  Sarah Cassidy, BSN, IBCLC
  www.inlactation.com
  (360) 292-5146

- Olympia Lactation +
  Carrie Distefano, IBCLC
  Kristeen Seratt, BSN, RN, IBCLC
  Stefanie Anderson, IBCLC
  www.olympialactation.com
  (360) 918-2392

- Olympia Obstetrics & Gynecology +
  Sarah Huntington, ARNP, IBCLC
  www.olyrebgn.com
  (360) 413-8413

**Hospital Based Lactation Services**
- Capital Medical Center
  (360) 956-3587
- Madigan Lactation Services
  (253) 968-3044
- Mason General Hospital
  (360) 427-9558
- MultiCare Virtual Medicine
  (253) 403-1681
- Providence St Peter Phone Support
  (360) 493-5270

---

**Community Support Services**

**Thurston County**
- Olympia Sea Mar WIC*
  (360) 754-2936
- Sea Mar Maternal Support Services*
  (360) 742-5010

**Lewis County**
- Health Department WIC*
  (360) 740-1255 or (360) 740-2709

**Mason County**
- Community Action Council WIC*
  (360) 426-9726 x3107

**Grays Harbor County**
- Grays Harbor Sea Mar WIC*
  (360) 482-4510
- Aberdeen WIC*
  (360) 532-8631
- Sea Mar Maternal Support Services*
  (360) 861-8710

**Breast Milk Bank**
- Northwest Mothers Milk Bank
  www.donatemilk.org
  (503) 469-0955

**Nursing Bras & Supplies**
- Judy's Intimate Apparel
  Olympia (360) 357-8807
- Lullabies Gift Shop
  Olympia (360) 493-5197
- Family Support Center of South Sound
  Supply Closet
  (360) 754-9297

---

*Se habla Español
+Takes Insurance or has sliding scale